

# BRET

*Benefits Beyond Retirement:  
It's never too late to quit smoking*

University of Maryland College Park

✓Funded in part by the Administration on Aging,  
Department of Health and Human Services

MH07D7519



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You've made the decision to quit. You've told yourself "I've had it! I'm going to quit." You couldn't have picked a better time. When you started smoking in the 1930's and 1940's you didn't hear much about it's bad effects. A lot of people smoked. It was the thing to do. Today we know that smoking is harmful. **But quitting, even now, can improve your health.**



**Anna M.** "I didn't start smoking until I was almost thirty years old. And of course, back then, we had no idea that cigarettes were bad for you. After a few years, I was smoking every day, out of habit, I thought."

So, now more than ever is a great time to quit! This guide can help you. The guide is a 20 day step by step program that will:

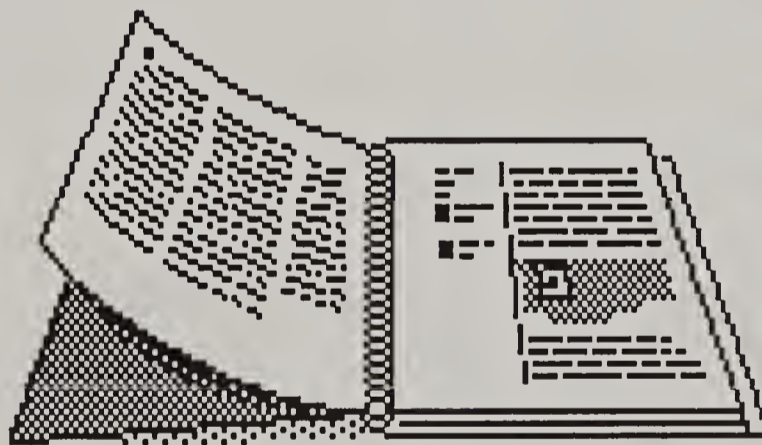
- 1.) Help you learn why you smoke
- 2.) Help you quit smoking
- 3.) Help you stay quit

## How To Use This Guide.

- This guide for older smokers offers you a 20 day program. The calendar on the next page is your road map for the program. Keep the calendar in a special place where you'll see it each morning (by your bed, on the refrigerator...) Pull the calendar out of the guide and put it in that special place.
- The rest of the guide has things for you to do each day. The calendar will remind you what day you're on and the guide has the instructions for each day.
- Use the guide one-day-at-a-time. The activities for each day are very important so don't miss a day.
- This guide prepares you to quit smoking on **day 14**.
- We recommend 2 ways to quit.

- **Cutting down**

To start cutting down, before you quit, cut out your least favorite cigarettes. Then cut out your favorite ones later. You will quit all smoking on day 14.






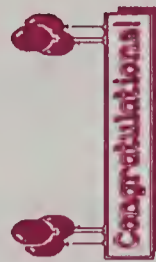


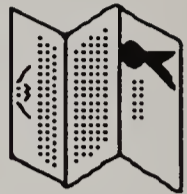


- **Cold Turkey**

You do not cut down on your smoking. You quit all smoking on day 14. You can always quit sooner.

**Whichever way you choose—  
use each page of the guide**

# CALENDAR

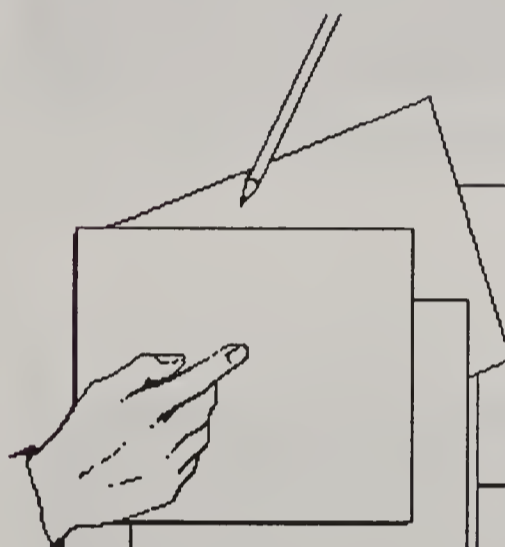
Day 1	<u>Why Quit?</u>	Day 2	<u>Benefits of Quitting</u>	Day 3	<u>Why You Smoke</u> 	Day 4	<u>Ways to Quit</u>	Day 5	<u>Deep Breathing</u>	Day 6	<u>Exercise</u> 	Day 7	<u>Beginning to Quit</u>
Day 8	<u>Building A Support Team</u>	Day 9	<u>Withdrawal</u> 	Day 10	<u>Continuing to Quit</u>	Day 11	<u>Rewards</u> 	Day 12	<u>Saving Money</u> 	Day 13	<u>Saying NO</u>	Day 14	<u>Your Quit Day</u> 
Day 15	<u>Living as a Non-Smoker</u> 	Day 16	<u>The Four D's</u>	Day 17	<u>How to Handle "Slip Ups"</u>	Day 18	<u>Nutrition Tips</u> 	Day 19	<u>You are Now a Non-Smoker</u>	Day 20	<u>Certificate</u> 		

# DAY 1 Why Quit?



Ex-smokers aged 50 and over were asked why they quit smoking. Take a look at the list. Check those that are true for you.

- ☐ To keep my health.
- ☐ To take more control of my life.
- ☐ To please or help a loved one.
- ☐ To set a good example for my children/grandchildren.
- ☐ To save money.
- ☐ The doctor said to quit.
- ☐ I don't like the smell.
- ☐ I have a health problem.



The Centers for Disease Control say smokers 65 and older are more likely to:

- try to quit than younger smokers
- succeed at quitting
- “stay quit.”

Write your 3 top reasons for quitting on the card below.

Cut this card out & keep it with you in your wallet or pocket.



Quit Card	
1.	_____
2.	_____
3.	_____

# What Smoking Does to Your Body



Smoker's blood vessel



Non-smoker's blood vessel



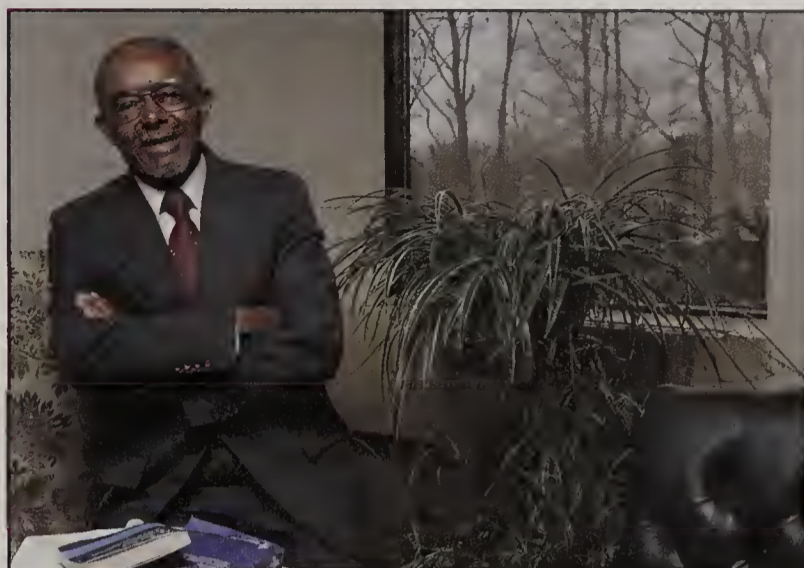
Smoker's lung with cancer



Non-smoker's lung

## DAY 2    Benefits of Quitting

**Don R.** "I'd say I quit mostly for health reasons. But my freedom was also very important. I was tired of smoking, and of all the ways it tied me down. I was tired of late night trips to the store for emergency cigarettes."



Even after 40 or 50 years of smoking, the body can repair much of the damage from smoking. Quitting improves your life in many ways.

### **Immediate benefits.**

- **You'll sleep better.**
- **You'll feel more in control of your life.**
- **Your circulation will improve.**
- **You'll be able to breathe better, and walk farther.**
- **You'll be safer. A home without smokers is much less likely to have a fire.**

### **After quitting:**

- Within about *one year* after quitting, the extra risk of dying from a heart attack caused by smoking is gone.
- Your heart and circulation begin to improve within a few months.
- You lower your risks of stroke, lung disease, and lung cancer.

The most important benefits to me are (list):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Day 3    Why You Smoke

Over the years you have formed smoking habits. Maybe you smoke high nicotine menthol cigarettes. Maybe you smoke when you are watching TV, drinking a cup of coffee, or after a meal. Everyone has a few favorite cigarettes.

We recommend that you start cutting down before you quit by first cutting out your least favorite cigarettes. Then you will feel good about your accomplishment and will be more confident to cut out your favorite ones later.

**Situations** Let's find out what brings on your urge to smoke. Listed below are situations that cause many older persons to smoke. Check off the ones that make you reach for a cigarette:

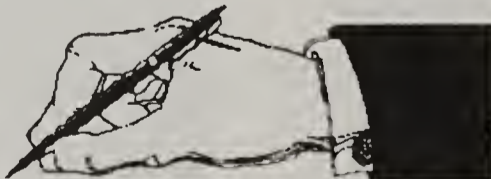
- |   |   |
|---|---|
| <input type="checkbox"/> Getting up       | <input type="checkbox"/> Drinking coffee                      |
| <input type="checkbox"/> Finishing a meal | <input type="checkbox"/> Watching TV                          |
| <input type="checkbox"/> Having a drink   | <input type="checkbox"/> Being at a party (social situations) |
| <input type="checkbox"/> Playing cards    | <input type="checkbox"/> Talking on the phone                 |
| <input type="checkbox"/> Family problems  | <input type="checkbox"/> Before going to bed                  |
| <input type="checkbox"/> Feeling lonely   | <input type="checkbox"/> Stress at work                       |

Now list any other situations you can think of that cause you to smoke.

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# Day 4    Ways to Quit

Now you will begin to record your smoking patterns. The Pack Track will help you. Please tear out a Pack Track card from pages 26 and 27. Use one for each pack of cigarettes you smoke for the next 3 days. Every time you smoke, write down the time, what you're doing, and how much you want that cigarette. You will rate how much you want each cigarette by this scale.

1. I really don't want this cigarette

2. I'm not sure I want this cigarette

3. I want this cigarette

4. I must have this cigarette

To break your smoking habit, you should know as much as you can about what causes you to smoke. The Pack Track can teach you more about this. It may be hard to stick with, but it will pay off! Smoking is a habit, but you can learn to break it.

Example

PACK TRACK		
Time of day	Activity	Rating 1-4
8:00 am	Morning Coffee	3
11:00 am	Driving to Store	1
2:00 pm	Watching TV	2
6:00 pm	After Dinner	4

## DAY 5    Deep Breathing



- Do your daily rating and recording of cigarettes you smoke with the “Pack Tracks.”
- Tell yourself your reasons for quitting.

A lot of older adults ask, “what do I do when I feel nervous or upset about not smoking?” Deep breathing is one of the best ways to help you relax. Taking a deep breath can help you control the urge to smoke or the tenseness after quitting.



### Deep Breathing Relaxation Technique (Relax Without Smoking).

1. Take time from your routine. Sit or lie down. Get as comfortable as possible (arms, legs uncrossed, shoes off, loosen belt).
2. Close your eyes. Breathe in slowly through your nose. Put your hand on your stomach. Feel your stomach expand as you breathe in. Hold for the count of 3.
3. Breathe out slowly through your mouth. Let your stomach move down. Count to 3. Feel your neck and shoulders relax.
4. Slowly repeat these steps for at least 5–10 breaths.
5. Add some pleasant images. As you inhale, picture yourself in your favorite restful spot. Exhale slowly holding that scene in your mind.
6. Enjoy the pleasure in that scene and how relaxed you feel.
7. Open your eyes and feel refreshed and relaxed.

## DAY 6    Exercise



- Keep using your Pack Tracks.
- Practice your deep breathing.

### EXERCISE

Exercise can make quitting easier. Exercise is a great way to “blow off steam.” It also helps keep your weight down. Exercise and quitting smoking go hand in hand. As you quit you’ll be able to breathe better and exercise will be easier.

### **EXERCISE...A MIRACLE DRUG FOR QUITTING SMOKING!**



*Exercise can help you lose weight and get your mind off smoking.*

What kind of exercise is best for older adults? Walking is perfect. Walk up to 2 miles in 40 minutes. Swimming, biking, low impact aerobics—anything *brisk* and *steady* that you like and can do for at least 10 minutes at a time, then 20 minutes, and then 30. Do it at least 3 times a week.

## Day 7    Beginning to Quit



- Practice deep breathing.
- Remember to exercise.

PACK TRACK		
Time of day	Activity	Rating 1-4
8:00 am	Morning Coffee	3
11:00 am	Driving to Store	1
2:00 pm	Watching TV	2
6:00 pm	After Dinner	4

Today you're going to begin to quit. By now you have probably noticed a pattern to your smoking. Take out your pack tracks and look at the cigarettes you rated as "1's". Those were the ones you didn't really need. Today, begin quitting by giving up the cigarettes that you rated a "1".

**Remember: YOU CAN DO IT!**

You may need to remind yourself that you can do it. Today you're beginning to quit. Keep thinking these positive thoughts:

**I can do it!**

**What I'm doing is important!**

# Day 8 Building A Support Team



- Tell yourself your reasons for quitting.
- Practice deep breathing.
- Remember to exercise.



PACK TRACK		
Time of day	Activity	Rating 1-4
8:00 am	Morning Coffee	3
11:00 am	Driving to Store	1
	Watching TV	2
6:00 pm	After Dinner	4

Congratulations on giving up all your “1” cigarettes. Now you’re ready to give up your “2” cigarettes. Take out your pack tracks, look at the cigarettes you rated “2” and give them up.

Remember: YOU CAN DO IT!

MY SUPPORT TEAM	
1.	_____
2.	_____
3.	_____

## BUILD A SUPPORT TEAM!

One thing that helps older adults to quit smoking is support from your family and friends. Quitters who get good support have an easier time quitting. Make a list of the most important people in your life—your spouse, your closest family members and friends.

You may want to sign a contract with your closest friend/family members and give it to them.

Dear \_\_\_\_\_,

I need your help to stop smoking. Here are some things you can do to help me stop smoking for good.

1. Be positive. Tell me you're glad I've stopped smoking.
2. Please put up with me if I'm crabby or cranky the first few days after I stop smoking.
3. Ask me how things are going from time to time.
4. Reward and praise me.
5. Don't tempt me.
6. Don't nag. Be understanding.
7. If I slip up, tell me not to give up and that you still care about me.

Here are some other things you can do:

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Thank you for helping me to stop smoking. It means a lot to me.

Sincerely,

\_\_\_\_\_  
Name of smoker

## Day 9    **Withdrawal**



- Practice deep breathing.
- Remember to exercise.
- Contact a member of your support team.
- Continue to give up your cigarettes you rated "1" and "2"

### What is withdrawal from nicotine like?

Withdrawal from cigarettes can be briefly unpleasant but it is not as bad as you think. It doesn't last long, a week or two at most. Over time, smokers become used to a certain amount of nicotine each day. When nicotine levels fall below this amount smokers may experience cravings and other withdrawal reactions. You may experience one or more of these reactions:

- increased coughing
- sleepy
- headache
- slight sore throat
- nervous
- constipation

**Remember: It won't last long. You will feel good soon!**

## Day 10 Continuing To Quit



- Practice deep breathing.
- Contact a member of your support team.
- Tell yourself your reasons for quitting.
- Remember to exercise.

### PACK TRACK

Time of day	Activity	Rating 1-4
8:00 am	Morning Coffee	3
11:00 am	Driving to Store	1
2:00 pm	Watching TV	2
6:00 pm	After Dinner	4

Congratulations on giving up your “1”s and your “2”s cigarettes. Now you are ready to give up your “3” cigarettes. This is getting tougher but you can do it! Take out your pack tracks, look at the cigarettes you rated “3” and give them up!

**Remember: YOU CAN DO IT!**



## Day 11    Rewards



- Remember to exercise.
- Practice deep breathing.
- Contact a member of your support team.
- Continue to give up your cigarettes you rated "1," "2," and "3."



Rewards. Today we are going to talk about rewards. For years, you've probably been looking at smoking as rewarding. That's one of the reasons why giving up smoking isn't easy. One of the tricks to quitting is to give yourself a lot of rewards to make up for the pleasures of smoking. These rewards should be easy to get, things you enjoy, and they don't have to cost a lot of money. Now make a list of self-rewards:

### My List of Rewards.

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### Some suggestions are:

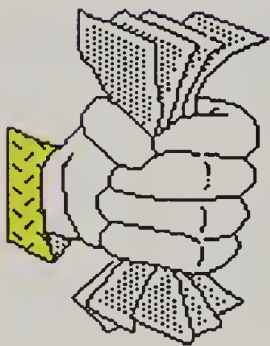
- Stay in bed one morning.
- Listen to your favorite music.
- Call a grandchild/child.
- Watch a special program on TV
- Eat a special food you usually don't allow yourself.
- Read a book or magazine.
- Call a friend.
- Take time to do nothing.
- Set aside time to do something special for yourself.

## Day 12 Saving Money



- Practice deep breathing.
- Contact a member of your support team.
- Remember to exercise.
- Tell yourself your reasons for quitting.
- Continue to give up your cigarettes you rated "1," "2," and "3."

**“People who reward themselves for quitting are more likely to succeed at staying quit.” Stopping smoking will save you a lot of money.**



	1 pack per day	2 packs per day	Amount Saved
1 week	\$12.25	\$24.50	
1 month	\$53.23	\$106.46	
2 months	\$106.46	\$212.92	
3 months	\$159.69	\$319.38	
6 months	\$319.38	\$638.75	
1 year	\$638.75	\$1,277.50	

What are some things you would like to do with this money?

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## Day 13    **Saying NO**



- Reward yourself.
- Practice deep breathing.
- Contact a member of your support team.
- Remember to exercise.
- Continue to give up your cigarettes you rated "1," "2," and "3."

**Tommorrow is quit day.** You are probably asking yourself, how do I say **NO** to cigarettes?" It's O.K. to say "no!" There are many ways to say no:

**The NICE "No":** "Thanks, but I'd rather not. You see, I quit, and my grandchildren are proud of me."

**The FIRM "No":** "No thanks. I'm trying to quit. If you really want to help me, you won't offer me a cigarette again."

**The TOUGH "No":** "No. You really aren't doing me a favor by trying to get me to smoke when I'm trying so hard to quit."

**The HUMOROUS "No":** "I'm sorry. I can't. I'm in training for a marathon and my coach won't let me."

Now write your own "No" list:

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If you feel comfortable about it, tell everyone you're quitting.

**Tomorrow is your Big Day!**

## DAY 14    Your Quit Day



You've made a commitment!

- I chose this day.
- I am ready to quit.
- Today, I choose not to smoke anymore.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

- *Today is the first day of your smoke-free life.*
- *This is an important day for you.*
- ***You can do it!***



### Smoke-proof your life.

- Throw away all your cigarettes - every one of them! Get them out of hiding places too (sweater pockets, glove compartments).
- Get rid of cigarette cases, ashtrays, lighters and matches.
- Contact a member of your support team.

## Day 15    **Living As A Non-Smoker**



- Contact a member of your support team.
- Remember to exercise.
- Reward yourself.
- Practice deep breathing.



When you quit smoking, it takes up to a week for your body to get used to it. Here are some things that might happen.

**COUGHING** — this is a sign your lungs are clearing.

**SLEEPY** — get all the sleep you need. Get fresh air and exercise to help you stay awake.

**HEADACHE** — try deep breathing; herbal tea can help stomach upset.

**SORE THROAT** — try herbal teas. Sip water or juice. Suck sugar free candies or chew sugar free gum.

**FEELING TENSE, EDGY, IRRITABLE** — tell everyone you just quit smoking and you might be in a bad mood; try deep breathing; get plenty of sleep.

**CONSTIPATION** — eat fiber – raw fruit and vegetables, whole grain, popcorn. Drink plenty of water.



## **Day 16   The Four D's**



- Tell yourself your reasons for quitting.
- Reward yourself.
- Practice deep breathing.
- Contact a member of your support team.
- Remember to exercise.

### **THE FOUR D's**

**Remember: the urge to smoke passes in 3-5 minutes, whether or not you smoke.**

When faced with the urge to smoke, remember the 4 D's. Find which are best for you.

#### **1. DISTRACT YOURSELF.**

- Spend time in places where smoking is not allowed - libraries, stores, churches.
- Change your routine. Move your favorite chair or sit in a different chair.
- Change your after-meal routine. Get right up from the table or brush your teeth.

#### **2. DEEP BREATHING.**

- Try a few deep breaths when you get the urge to smoke.
- Picture yourself in your favorite restful place.

#### **3. DRINK WATER.**

- Drink 6 to 8 glasses of water every day.
- Try not to drink alcohol, coffee or whatever makes you want to smoke.

#### **4. DO SOMETHING ELSE (anything but smoke).**

- If your doctor or dentist has prescribed it, take a piece of nicotine gum.
- When the urge to smoke comes...try carrots, celery, sugarless gum, swizzle sticks.
- Exercise: Even a short walk will help.

## DAY 17 How to Handle “SLIP-UPS”



- Remember to exercise.
- Contact a member of your support team.
- Reward yourself.
- Practice deep breathing.

The highest risk times for new quitters are when they're feeling:



Stressed



Angry



Bored



Lonely

*If you've slipped:*

Many people who have quit smoking for a while slip and have a cigarette. Have you failed? NO. Many of these smokers ended up quitting for good. Here are some steps you can take to quit for good:

- First, look back at the time you smoked again.
- What happened? Was it where you were? Was it your mood?
- **Remember the Four D's**
- Practice saying "NO" to cigarettes.



**You haven't failed! You Can Do It!**

## **DAY 18   Nutrition Tips**



- Practice deep breathing.
- Remember to exercise.
- Reward yourself.
- Contact a member of your support team.
- Tell yourself your reasons for quitting.

Here are some snacks to help you keep your weight down, but your interest up!

### **Low calorie snacks that contain 100 calories or less.**

3 cups of plain popcorn  
1 cup of grapes  
1 apple, pear or banana  
1/2 English muffin  
1 slice of toast

1 cup non-fat yogurt  
3 graham cracker squares  
4 thin pretzels  
2 pickles  
3 celery stalks



## **DAY 19 YOU ARE NOW A NON-SMOKER**



- Reward yourself.
- Remember to exercise.
- Practice deep breathing.
- Contact a member of your support team.



Everything you have read in this guide can help you everyday for the rest of your life.  
Please refer to it when you need to.

# **YOU SHOULD BE PROUD OF YOURSELF**

# **ENJOY YOUR SMOKE-FREE LIFE**



## DAY 20 Fill in Your Certificate

# CERTIFICATE

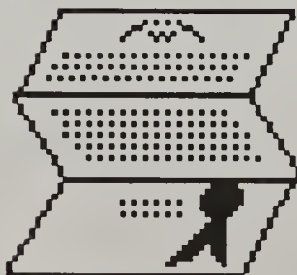
Of Accomplishment



**This is to certify that**

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**has quit smoking  
and promises to live  
a smoke-free life.**



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**Signed**

PACK TRACK		
Time of day	Activity	Rating 1-4

PACK TRACK		
Time of day	Activity	Rating 1-4

PACK TRACK		
Time of day	Activity	Rating 1-4

PACK TRACK		
Time of day	Activity	Rating 1-4

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Time of day	Activity	Rating 1-4

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Time of day	Activity	Rating 1-4

PACK TRACK		
Time of day	Activity	Rating 1-4

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## ***Other Acknowledgements***

Adult Health and Development Program, University of Maryland  
Barney Neighborhood House  
Fox Chase Cancer Center  
Hotel Employees and Restaurant Employees Union, AFL-CIO  
Labor Agency of Metropolitan Washington, D. C., AFL-CIO  
National Cancer Institute  
New Mexico State Agency on Aging  
Office of Disease Prevention and Health Promotion  
Office of Smoking and Health  
Service Employees International Union, AFL-CIO  
Washington Seniors' Wellness Center

## ***Special Thanks***

Glen G. Gilbert, Ph.D.  
King Lyon  
Mary Jo Moran, RN, MGA, CNA  
Francois A. Somlyo  
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## ***Word Processing***

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## ***Design and Layout***

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## ***Printing***

WW Printing, College Park, MD

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### ***Picture Credits***

The authors wish to thank the following for permission to use their pictures:

Adult Health and Development Program, University of Maryland, pp. 10, 12, 22.

American Lung Association, pp. 9, 19

Fox Chase Cancer Center's Clear Horizons and Lisa J. Goodman, photographer, pp. 1, 6, 10, 16, 24

National Cancer Institute, p. 5

✓ This project was supported, in part, by award number 90AM0375 from the Administration on Aging, Department of Health and Human Services, Washington, D. C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration on Aging policy.

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